Managing Sensitive and Worn Teeth

After treatment of decay, what can be done to keep teeth from hurting or wearing down?

reduce abrasion, manage oral acids, and control tooth grinding

\_\_\_\_ Clean Without Abrading Root Surfaces – “Two Way Toothbrushing”

* Clean daily without paste – Evening - 4 minutes
* Use abrasive toothpaste for short periods to remove stain, refresh breath and apply fluoride - 30 seconds
* Medicate AFTER Cleaning: paste, mouthwash

\_\_\_\_ Neutralize Stomach Acid (once it reaches the mouth)

* CariFree Products – alkaline and help neutralize oral acids

\_\_\_\_ CTx3 Oral Fluoride Rinse, pH 8 – daily

\_\_\_\_ CTx4 5000 Gel, pH 9 – prescription dose fluoride gel

\_\_\_\_ CTx3 Oral Neutralizing Gel, pH 9 – Xylitol (no fluoride)

\_\_\_\_ Boost Spray – dry mouth

\_\_\_\_ Desensitize Root Surfaces

\_\_\_\_ Home – Special Toothpastes

* + Apply desensitizing toothpaste with a finger, not a brush
  + Clean without abrasive paste before applying special paste
  + Do not use a toothbrush to apply special paste – it can actually make the sensitivity worse, if used aggressively

\_\_\_\_ Tray Application of Medicaments

* + “Sensitivity” Gel or Fluoride delivered in trays can increase effectiveness and accelerate comfort

\_\_\_\_ Seal Root Surfaces with Dental Bonding Products

* Professionally applied in office

\_\_\_\_ Mouthguard

* Clenching appliance
  + Protect teeth from contacting while sleeping at night
  + May help reduce headaches
* Mandibular Advancing Device – management of Sleep Apnea

\_\_\_\_ Sleep Analysis – Evaluation of Sleep Apnea

* Not sleeping or breathing well often contributes to clenching and grinding
* Evaluation by a specially trained physician will determine risk
* Special oral appliances may help control some sleep apnea and sleep disordered breathing